

Goal Setting!






Every good goal starts with a dream, even if it's vague like "feel and look healthier" or "have less stress about money." What's yours?

Then comes the hard (but fun!) part — making your dream into a SMART goal:

- S** Specific - So instead of just "save more," you'd say something like "Save \$500 to pay off that dang Nordstrom credit card I was pressured by the saleslady to open!"
- M** Measurable - In other words, how will you know when you've reached the goal? If your dream is sort of vague, like "make more money," maybe narrow it to "find a weekend job."
- A** Achievable - As fun as all those "DREAM BIG" quotes are, there's nothing wrong with dreaming medium! We're not all going to be Oprah. We could maybe be promoted, though.
- R** Relevant - It'd be great to sing like Ariana Grande. But do you need to...?
- T** Time - Bound: AKA the deadline.

Got that figured out? Great! Next step is making it happen...

GOAL:

Steps that will help you reach this goal Keep them short and sweet, and most importantly *specific*! 	When this will happen Be sure to add these to your calendar, too! 	Mini-Reward Good place to put things like lattes & movies. 
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

Lastly, let's admit it — keeping goals is hard!
What are some potential ~temptations~ that will keep you from reaching yours and how might you avoid them?

1. _____
2. _____
3. _____